

Statistics Report 20010, Buckwheat groats, roasted, cooked

Report Date: June 27, 2017 03:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	75.63	--	2.133	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	92	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	385	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Protein	g	3.38	--	0.114	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.62	--	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.43	--	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	19.94	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	2.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1994
Sugars, total 1	g	0.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Sucrose 1	g	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1	g	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Fructose 1	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Minerals													
Calcium, Ca	mg	7	--	0.664	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	0.80	--	0.126	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	51	--	7.520	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phosphorus, P	mg	70	--	19.311	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	88	--	19.635	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	4	--	0.198	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	0.61	--	0.039	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.146	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Manganese, Mn	mg	0.403	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.040	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.039	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	0.940	--	0.106	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.359	--	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.077	--	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	14	--	7.187	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	14	--	7.187	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Folate, DFE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total 2	mg	20.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Betaine 2	mg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Lutein + zeaxanthin	µg	60	--	--	--	--	--	--	--	--	Calculated or imputed	20080	03/2003
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	20011	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.9	--	--	--	--	--	--	--	--	Calculated or imputed	20011	03/2003

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
8:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
10:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.082	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.179	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1994
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Amino Acids													
Tryptophan	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.212	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.173	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.289	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.522	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/1994
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2001

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared, 1985 Beltsville MD
²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD